

Welcome to Wisconsin's Movin' and Munchin' Schools

This resource kit is your road map to an exciting program that will help Wisconsin's young people develop life time skills and habits of physical activity and healthy nutritional choices. **Movin' and Munchin' Schools** is an initiative by the Wisconsin Department of Public Instruction (DPI) and it is funded by the Center's for Disease Control and Prevention (CDC) and sponsors identified on this folder.

This kit includes guidelines that will introduce you to “**Movin' and Munchin' Schools**” and provide ideas and examples to help your school succeed. Inside this folder, you will find the following chapters outlined for you with easy-to-follow directions and suggestions:

Please Register Now. You must register your program with the Department of Public Instruction office to be eligible for a grant at the end of the year.

Becoming a Movin' and Munchin' School. General instructions and program description.

Get Movin' and Eatin' Healthy. Examples of possible strategies and activities.

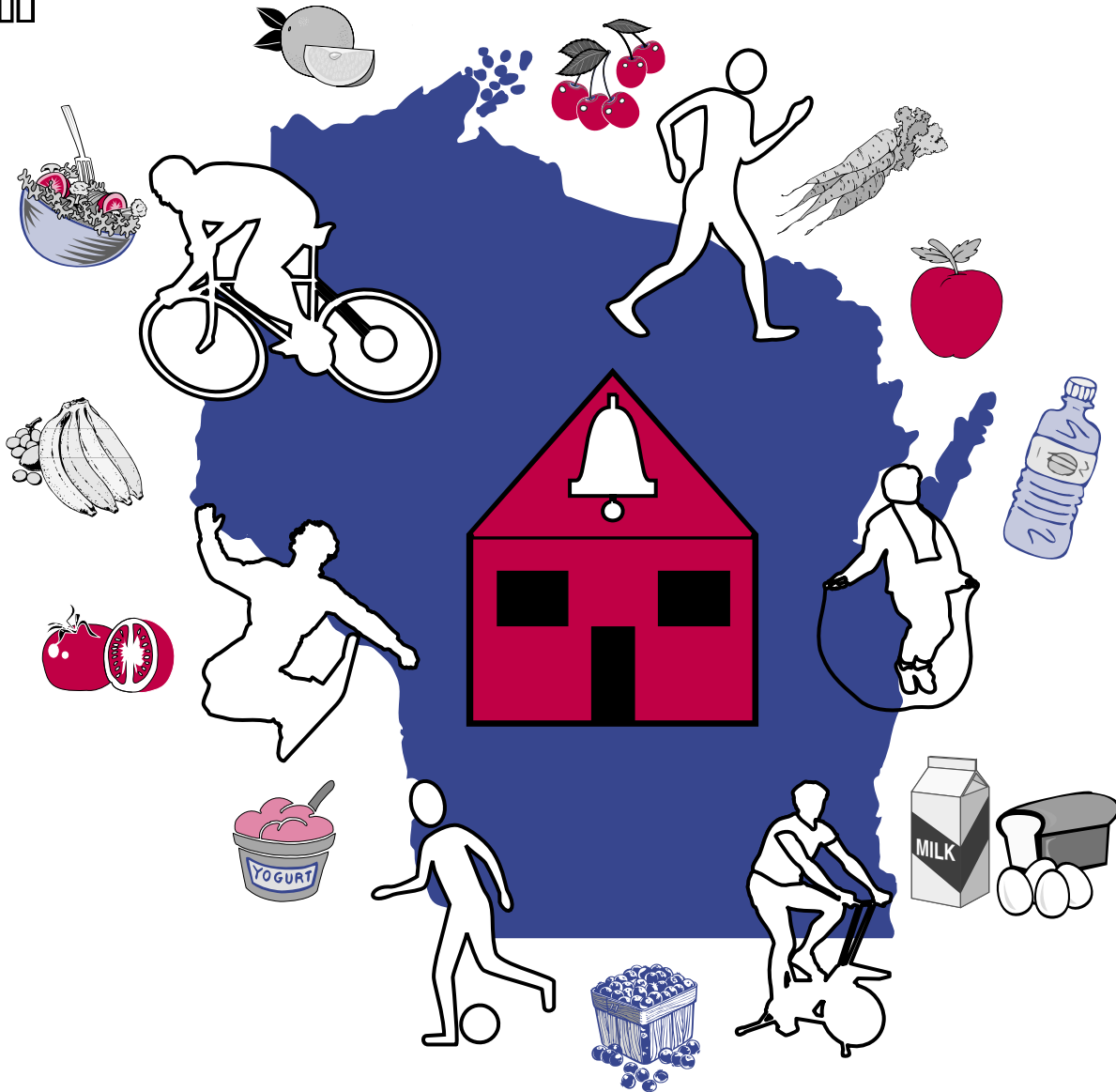
Now that You're Movin' and Eatin' Healthy. Records and documentation of your program.

Share Your Movin' and Healthy Eatin' Experience. Recognizing and reporting your experience.

Movin' and Munchin' Awards. Awards and recognition for innovative programs.

This kit is not intended to limit your creativity or initiatives. Your ideas and local modifications are an important part of Movin' and Munchin' Schools.

Questions may be referred to the DPI Office by calling 608-267-9234.





Tab A, Please Register Now



1. To be eligible for a grant you must register your program with DPI.
2. Register now. It's easy, It's fast.
3. Call 1-608-267-9234 or e-mail jon.hisgen@dpi.state.wi.us if you have questions.
4. Identify your school, contact person, phone number, and expected start date of your *Movin' and Munchin' Schools* Program.



Tab B, Becoming a *Movin' and Munchin' School*



General Instructions and Program Description

Movin' and Munchin' Schools is an innovative approach to the growing problem of obesity, poor nutrition choices and lack of physical activity among our school children. Although focused on school children, your program can also include faculty, friends, and family members of all ages.

Introductory Steps

1. Develop a philosophy statement that can also involve family members and school staff, serve as the cornerstone for your program, and make it unique to your school. Creativity and local modifications are encouraged. You may want to create a steering committee that includes students, parents, teachers, and administrators.
2. The basic unit of measurement in *Movin' and Munchin' Schools* is the "movin' and munchin' mile". Your school's progress will be measured in accumulated miles with a destination of your choice as a goal. For example, your school is in Madison and you select Milwaukee as a destination. Participants will achieve this goal (destination) by accumulating 60 movin' and munchin' miles. Two conversion charts that will give several examples of movin' and munchin' mile equivalents are included in Tab C.
3. Promotion and publicity is highly encouraged. You may want to include civic organizations, school board members, and local radio and TV personalities as you kick-off your *Movin' and Munchin' Schools* program. Sharing your experience is addressed in Tab D, Share Your Movin' and Munchin' Experience.
4. All schools that register online, implement a program participate, and submit a summary report to DPI will receive a plaque to recognize their program. All schools that submit a report will be considered for competitive awards up to \$500.00. The awards criteria and process is described in Tab E, Movin' and Munchin' Awards.



Tab C, *Get Movin' and Eatin' Healthy*



Examples of possible strategies and activities.

1. You can build your strategies utilizing the framework questions of who, what, when, where, and why. The examples listed below are intended to encourage creativity on your part. The final design of your program should be a reflection of your school.
2. Start by identifying a planning team to brainstorm your school's approach to becoming a *Movin' and Munchin' School*. Invite community leaders to join in your efforts to promote your program and provide incentives. You can participate as a single group working together, a classroom, or a grade level. You may also extend challenges between students and faculty or between classes.
3. Decide on a goal or goals. Get creative; make this your own program. The following examples are offered to assist in your planning:
 - ◆ Take a road trip around Wisconsin and mark your location after each week.
 - ◆ Travel to a specific destination such as Disney World and chart your progress on a map of the United States.
 - ◆ Visit as many state capitals as you can.
 - ◆ Climb Mt. Everest and convert feet as opposed to miles.
 - ◆ Travel around the world.
4. Involve others. **There are bonus miles for including adults, community leaders and family members. There are also bonus miles for performing community service surrounding activity.** This program is intended to be fun while establishing habits that will last a lifetime.
5. You may decide to integrate other curricular subjects such as history and geography into your *Movin' and Munchin' Schools* program. Community service and citizenship can also be integral parts of this adventure. In Tab D you will notice double points for helping neighbors or getting your entire family involved.
6. This example is offered. *Miss Johnson's 4th grade class has selected Washington D.C. as a destination for the month of February. All 25 of her 4th graders have agreed to increase their level of physical activity by walking, swimming, and bike riding after school and increasing water consumption. Each student has*

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agreed to accumulate 40 miles to cover the 1,000 miles between Verona, WI and Washington, D.C.. By including friends and family members, Miss Johnson's class achieved their goal after just two weeks and decided on a more challenging destination. Miss Johnson's class then challenged the faculty to a "race" to California and marked their progress on a map of the United States. Other classes in the school decided to accept this challenge. Each Monday morning, the principal announced the progress of each team."

7. Another example involving the faculty. Mr Lowendorf, the principal of Washington Elementary School challenged the 4th graders to accumulate more miles in February and March than the faculty and staff. Mr Lowendorf said he would shave his head if the 4th graders won the contest. On March 31st, the faculty and staff had accumulated 6,350 miles compared to the 4th graders 5,800 miles. The 4th graders were proud of the various ways they accumulated movin' and munchin' miles and Mr. Lowendorf kept his hair. Mr. Lowendorf then chronicled the school's collective efforts and submitted his report to the movin' and munchin' schools awards committee.

Your program will be limited only by your own creativity and imagination.

Safety must be stressed in all activities.



Tab D, Now That You're *Movin'* *and Eatin'* Healthy



Records and Documentation

1. This section includes a conversion table that you can use to earn miles. It also includes sample forms that may be used to record and document the physical activity and healthy eating habits of individuals, classes and schools. Your school's final report should include the signature of a school contact person or principal to validate the results.

Activity

Movin' and Munchin' Miles Earned

Walk 1 mile	1
Walk 1 mile with a family member	2 for each person
Mall Walk 20 minutes with an older adult	2 for each person
Bike 15 minutes	1
Play tennis for 20 minutes	1
Swim laps for 10 minutes	1
Rollerblade for 15 minutes	1
Mow your lawn	1
Mow a neighbor's lawn (without pay)	2
Play Soccer for 30 minutes	3
Dance for 20 minutes	2
Jump Rope for 20 minutes	3
Play Basketball for 20 minutes	2
Play Volleyball for 20 minutes	2
Shovel your driveway	1
One week without TV	10
Shovel a neighbor's driveway (without pay)	2
Night games such as kick the can for 30 minutes	1
Participate in Jump Rope for Heart or Hoops for Heart	5
Other moderate activity approved by your teacher	1 every 30 minutes
Other vigorous activity approved by your teacher	2 every 30 minutes

(Continued on back side)

Nutrition Chart

Has breakfast that includes a fruit or vegetable
Eats a fruit and vegetable portion at every meal
If your parents do this as well double your points
Chooses a fruit or vegetable snack
Does not drink any soda in one day
Goes one week without soda
Drinks at least 5 glasses of water
(including low fat milk each day)
Helps parents plan and prepare a healthy meal
Eats at least one meal together as an entire family
without TV
Goes to a fast food restaurant no more than once a week
Double the score if you do not go at all
Tries a new healthy food
Gets exactly 3 servings of low-fat dairy or
non-dairy substitute in one day

Movin' and Munchin' Miles Earned

1 each day
2 each day

1 each day
2 per day
15
1 per day

2 per meal
2 per meal
5

1
1

Note: **Encourage your students to include friends of family members in these activities.** Your students can multiply the miles earned by the number of people participating. When your students do something vigorous for someone else, their miles double. Families that eat fruits and vegetables at every meal double their miles. Score sheets are provided for your convenience. Individual forms should be collected and recorded weekly. You may choose to modify these forms to meet your needs.



Tab E, Share Your *Movin' and Healthy Eatin'* Experience



1. *Movin' and Munchin' Schools* is a chance to promote physical activity and healthy nutrition and recognize the benefits of exercise and healthy eating. This is also an opportunity to publicize your school's achievements.
2. **Consider contacting local media with an invitation to participate or observe your school's program.** Local school boards, civic organizations, and elected officials may also help recognize the accomplishments of your school.
3. We would like you to share your school's activities and experiences in a written report. Your report should include the following areas:
 - ◆ An overview of your school's approach to *Movin' and Munchin' Schools*.
 - ◆ Who participated? Number of students, adults, faculty, etc.
 - ◆ What goals and objectives were used? e.g. A road trip to Toronto.
 - ◆ How did you integrate other curricula and community service?
 - ◆ Were any life skills learned?
 - ◆ How did the students respond?
 - ◆ How would you improve *Movin' and Munchin' Schools* for next year?
4. *Movin' and Munchin' School's* will greatly appreciate any photos of your program that you are willing to donate for future promotions.
5. Submit this report to DPI, P.O. Box 7841 or 125 S. Webster Street, Madison, WI 54601 by June 1st, 2006. Award winners will be selected to receive up to \$500.00 to enhance physical activity in their school. Awards criteria are addressed in Tab F. After you submit your final report your school will receive a plaque that recognizes your participation and your school will become eligible to receive one of the grant awards. Grant awards are given out in September of the following school year.



Tab F, *Movin' and Munchin' Awards*



1. Although the number of miles accumulated is an important part of your school's goal, the awards process will be more subjective in nature. The awards committee will consider your school's program based on your final written report with the following weighted criteria:

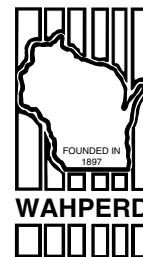
Creativity	25%
Number of students who participate	15%
Number of students who involve family	15%
Integration of curriculum	15%
Community involvement.....	15%
Faculty and staff participation	10%
Records keeping	5%

2. Schools will be selected to receive up to \$500.00 in grant awards to enhance physical activity and nutrition in their schools.
3. Safety must be stressed in all activities.



Movin' and Munchin' Schools

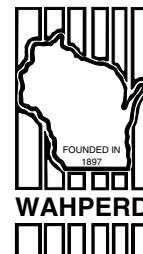
ACTIVITY CHART



<u>ACTIVITY</u>	<u><i>Movin' and Munchin' Miles Earned</i></u>
Walk 1 mile.....	1
Walk 1 mile with a family member.....	2 for each person
Mall Walk 20 minutes with an older adult	2 for each person
Bike 15 minutes	1
Play tennis for 20 minutes.....	1
Swim laps for 10 minutes.....	1
Rollerblade for 15 minutes.....	1
Mow your lawn	1
Mow a neighbor's lawn (without pay)	2
Play Soccer for 30 minutes	3
Dance for 20 minutes	2
Jump Rope for 20 minutes	3
Play Basketball for 20 minutes	2
Play Volleyball for 20 minutes.....	2
Shovel your driveway	1
One week without TV	10
Shovel a neighbor's driveway (without pay)	2
Night games such as kick the can for 30 minutes	1
Participate in Jump Rope for Heart or Hoops for Heart	5
Other moderate activity approved by your teacher	1 every 30 min.
Other vigorous activity approved by your teacher.....	2 every 30 min.



Movin' and Munchin' Schools **NUTRITION CHART**



NUTRITION

Movin' and Munchin' Miles Earned

Has breakfast that includes a fruit or vegetable 1 each day

Eats a fruit and vegetable portion at every meal..... 2 each day

If your parents do this as well double your points

Chooses a fruit or vegetable snack 1 each day

Does not drink any soda in one day..... 2 per day

Goes one week without soda 15

Drinks at least 5 glasses of water 1 per day
(including low fat milk each day)

Helps parents plan and prepare a healthy meal..... 2 per meal

Eats at least one meal together as an entire family
without TV 2 per meal

Goes to a fast food restaurant no more than
once a week..... 5

Double the score if you do not go at all

Tries a new healthy food 1

Gets exactly 3 servings of low-fat dairy or
non-dairy substitute in one day 1



Start Date

[illegible]



Movin' and Munchin' Schools - INDIVIDUAL RECORD

School Name _____ Teacher _____ Grade _____

STUDENT NAME _____ DATE _____ TO _____

WEEK _____	ACTIVITIES and DURATION	MOVIN' MILES
DAY ONE		
DAY TWO		
DAY THREE		
DAY FOUR		
DAY FIVE		
DAY SIX		
DAY SEVEN		

PARENT'S SIGNATURE _____ **INDIVIDUAL TOTAL FOR WEEK**

Activity	<u>Movin' and Munchin' Miles Earned</u>	<u>Nutrition Chart</u>	<u>Movin' and Munchin' Miles Earned</u>
Walk 1 mile.....	1	Has breakfast that includes a fruit or a vegetable	1 each day
Walk 1 mile with a family member.....	2	Eats a fruit and vegetable portion at every meal.....	2 each day
Mall Walk 20 minutes with an older adult.....	2	If your parents do this as well double your points	
Bike 15 minutes	1	Chooses a fruit or vegetable snack.....	1 each day
Play tennis for 20 minutes	1	Does not drink any soda in one day.....	2 per day
Swim laps for 10 minutes	1	Goes one week without soda	15
Rollerblade for 15 minutes	1	Drinks at least 5 glasses of water	1 per day
Mow your lawn.....	1	(including low fat milk each day)	
Mow a neighbor's lawn (without pay).....	2	Helps parents plan and prepare a healthy meal.....	2 per day
Play Soccer for 30 minutes.....	3	Eats at least one meal together as an entire family without TV	2 per meal
Dance for 20 minutes.....	2	Goes to a fast food restaurant no more than once a week	5
Jump Rope for 20 minutes.....	3	Double the score if you do not go at all	
Play Basketball for 20 minutes.....	2	Tries a new healthy food.....	1
Play Volleyball for 20 minutes	2	Gets exactly 3 servings of low-fat dairy or	
Shovel your driveway	1	non-dairy substitute in one day	1
One week without TV	10		
Shovel a neighbor's driveway (without pay).....	2		
Night games such as kick the can for 30 minutes	1		
Participate in Jump Rope for Heart or Hoopes for Heart	5		
Other moderate activity approved by your teacher.....	1 every 30 minutes		
Other vigorous activity approved by your teacher	2 every 30 minutes		